

# Healthy Living



SPRING 2023

A supplement of the  
**Journal Review**

- Healthcare
- Vitamins
- HPV
- & more!

# What matters to you? We're listening.

“They always take the time to answer questions.”

– Michelle

When you need healthcare, what matters to you? Witham wants to know. What are your goals? Are we meeting your needs? How would you like your care to proceed? If that's the kind of care you seek, find your provider at [WithamDoc.org](https://www.withamdoc.org). Because what matters to you, matters to Witham.



[WithamDoc.org](https://www.withamdoc.org)



# When you need healthcare, what matters to you?

When choosing your healthcare facility, primary care and specialty providers, what matters to you? What are your goals? Are they being met? How do you want your care to proceed? These are all important questions and should be considered when you need healthcare. You want someone who listens and wants to know more about your unique needs so they can better care for you. What matters to you should matter to them.

When choosing your Primary Care and Specialty Physicians insurance may dictate who you see and where you go, which can mean a large, less convenient facility. When given a choice, you might be surprised to find a provider or specialist at a small facility that offers care with the same or higher quality standards that is more convenient and personalized and right in your backyard. We all know bigger doesn't always mean better.

When your child is sick you want to see a pediatrician as quickly as possible. Choose one that provides specialized care from infancy to adolescence. You want one that understands as a child grows their healthcare needs grown right along with them. Pediatric services should include sick visits, minor injuries, newborn medical assessments and care, well-child visits, annual teen checkups, vaccinations, sport physicals, behavioral screening and treatment of ADHD and adolescent medicine.

Your family matters so when they need healthcare choose a family medicine or adult medical provider that offers comprehensive, coordinated care for your entire family. One that is trained in all major medical areas - from prenatal and baby care to internal medicine and gynecology. One that provides care for a wide range of health concerns, from the common cold to more complex medical issues and chronic illnesses. Choose one that can help prevent, diagnose and treat diseases that affect your family through



preventative care as well as comprehensive diagnostic testing and specialized treatment plans. Choose one that includes you in the decision making and asks what matters to you and how you want to be treated so they can better care for your unique needs.

If you're a professional athlete, a weekend warrior or someone in between, you need a sports medicine physician that is a leader in keeping children and adults on the go. Choose one that is uniquely specialized in returning athletes back to play, quickly with patient-centered, physician driven care and is a trained expert, with experience in treating serious injuries and chronic knee, ankle, shoulder, back and elbow problems. Choose a sports medicine physician that can deliver the latest therapies to leading edge sports concussion management, all musculoskeletal issues and offers physical and occupational therapies.

When choosing a pulmonologist look for one who offers a full array of diagnostic testing and treatments with services that include pulmonary function testing, fiber optic bronchoscopy, overnight oximetry, pulmonary rehab and sleep studies. A pulmonologist sees patients for asthma, COPD, bronchitis, cough, shortness of breath, pulmonary embolism, sleep apnea, restless legs, insomnia and narcolepsy.

When choosing a surgeon look for one who stays up to date on advances in medicine and can perform the latest techniques with the best technology. A surgeon who uses computer-guided

imaging, and performs laparoscopic surgeries and other minimally-invasive procedures for breast biopsies, hernia repairs, gallbladder or appendix removals, and colon procedures will provide you with more options, less pain and shorter hospital stays and recovery times. Your surgeon should be committed to giving you the best experience possible.

When choosing an OB/GYN specialist look for one who offers a full range of obstetric and gynecologic services that provide a variety of programs designed to grow with a woman throughout all stages of her life. Choose someone who offers you that personalized care while staying current with advanced treatments and diagnostic technology.

If you are having trouble with balance or hearing you may need to see an audiologist. They often assist in identifying and managing disorders involving the auditory system. When choosing an audiologist for children, look for one who can address and assess pediatric hearing loss related to congenital problems, middle ear effusion from ear infections, and other disorders. For adults, choose an audiologist who can address and assess adult hearing loss from: noise exposure, perforations, chemotherapy, middle ear effusion, aging, vertigo (dizziness) and tinnitus (ringing in the ears). Assessments should include hearing aid evaluations and fittings, including analog and digital varieties, Electronystagmography (ENG), to evaluate the central balance system of the ear and Brainstem Evoked Response (BSER), to evaluate the audito-

ry brain-stem pathway. Be sure to ask if they have ear products available including hearing aids, ear plugs, custom molds for monitors and telephones.

Ear, nose and throat conditions can affect anyone, from a toddler plagued by chronic ear infections, to an older adult facing significant hearing loss. When choosing an ENT look for one whose services guarantee the most advanced treatment of both common and complex ear, nose and throat conditions. Ask if the physician offers Balloon Sinuplasty™, a state-of-the-art treatment which uses a small catheter and balloon to quickly inflate blocked nasal passages. This major advancement in sinus care allows for faster recovery times and significantly less post-procedural discomfort. Look for a highly trained ENT specialist that is skilled in treating a variety of ear, nose and throat conditions that might include asthma, balloon sinuplasty, ear infections and inflammations, gastroesophageal reflux disease (GERD), head and neck cancers, hearing loss, Meniere's disease, sinus and allergy conditions, sleep apnea and snoring, thyroid conditions, tonsil and adenoid disorders, voice, hearing and balance disorders. If left untreated, these conditions can worsen and negatively affect your quality of life-potentially causing irreparable damage.

The next time you need to seek healthcare, don't just go where your insurance dictates. Look at your options; choose a primary care or specialist that gives you personalized care, close to home, while using the most advanced technology to treat you. Choose one who cares what matters to you, one who takes the time to listen and learn about your unique needs. One who takes the time to know you and involves you in your healthcare decisions and truly wants to make your healthcare journey better.



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# Witham Health Services Shares the Importance of Being Social for Better Health

Research suggests that strong social ties are linked to a longer life. Loneliness and social isolation are linked to poorer health, depression and increased risk of an early death. We know that having a variety of social relationships may help reduce stress and heart-related risks. Social connections might improve your ability to fight off germs and give you a more positive outlook on life. Physical contact –from hugs to hand-holding – can trigger a release of hormones and brain chemicals that not only make us feel great but also have specific biological benefits. Humans have an innate desire to make connections and to feel as though we “belong”. Socializing can maintain or improve your general well-being health, happiness and even job satisfaction.

Physical health benefits of being social are:

1. **Improved immunity:** Social support can improve your immune system and social isolation can weaken it. This may be because loneliness and lack of social connectedness may cause stress and stress can make our immune systems less efficient.
2. **Less inflammation:** Inflammation is the root of all disease. Low social support is linked with higher levels of inflammation in the body. Chronic inflammation is linked to heart disease, diabetes, kidney disease and cancer.
3. **Less pain and better pain management:** Research shows that people with the largest social networks tend to have a higher pain tolerance. Positive social interactions help your brain release “feel-good” chemicals



4. **Reduced risk of dementia:** Research has shown that people with weaker social networks and less social support are more likely to develop dementia.
5. **Increased Longevity:** Socializing can improve your physical health

- called endorphins, which boost your mood and make you less sensitive to pain.
- and those social butterflies tend to live longer.
- Ways To Be More Social:
1. Join a group focused on a favorite hobby, such as a Book Club, walking group, art class, gardening group or card club.
  2. Take a group exercise class! Witham Health Services offers Tai Chi, Yoga, SilverSneakers, Rock

3. Volunteer at a local school, library, hospital or church.
- Steady Boxing and even Indoor Cycling classes.

*Trina Rose  
Coordinator  
Witham Wellness Program  
Witham Health Services*

# YOU'RE LOOKING FOR PEACE OF MIND. WE CAN HELP WITH THAT.



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# What you need to know about anticoagulants



Anticoagulants are medications used to prevent blood clots and reduce the risk of heart attack, stroke, pulmonary embolism and other conditions. Here's what you need to know if you've been prescribed a blood thinner.

- **Take blood thinners as instructed.** Blood thinners are usually prescribed for at least three to six months. It's important to follow

your treatment plan to ensure its effectiveness. If in doubt, contact your doctor or pharmacist.

- **Follow all recommendations.** This includes how often you take your blood thinners and visit your doctor for follow-ups. Failing to follow the guidance of your health care providers can affect your treatment's effectiveness.

- **Beware of bleeding.** Anticoagulants thin the blood, increasing the severity of bleeding, especially if you're injured. Familiarize yourself with the signs of internal bleeding and inform your health care providers of your treatment plan. If you have any issues, call 911 right away.

- **Watch what substances you consume.** Many over-the-count-

er medications, natural health products and foods can counteract the effects of your treatment. Ask your pharmacist for advice before buying a new drug, and keep a list of foods and beverages to avoid.

If you have questions about taking blood thinners, contact a health care professional in your area.

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# How to choose the right multivitamin

Multivitamins contain a combination of at least three vitamins. Some also contain minerals like calcium and iron and natural substances like omega-3s. Do you have a health concern or feel the need to supplement your diet with a multivitamin? Here's how to choose the best one for you.

- **Age.** Your nutrient needs vary according to several factors, including your age. Consequently, children, adults and seniors require different multivitamins. For example, formulas for seniors contain higher doses of calcium to reduce the risk of osteoporosis.

- **Gender.** Women should look

for a multivitamin high in iron to replenish what the body loses during menstruation. Moreover, women wanting to conceive a child, are pregnant or are breastfeeding should consider a multivitamin with folic acid.

- **Dose.** The doses of vitamins and minerals and the number of tablets to take daily can vary considerably from one product to another. Moderation is best. Avoid formulas that contain a higher dose than you need.

It's best to consult your doctor or pharmacist before buying a multivitamin.



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# Signs of Hearing Loss

- Inability to hear clearly, especially in noisy environments
- Frequent misunderstandings in conversation
- Frequent requests for clarification or repetition
- Need to see people talk
- Fatigue from straining to hear
- Dizziness, pain or ringing in the ears
- Avoidance of social situations
- Volume turned up on TVs and radios

If you or a loved one is experiencing the signs of hearing loss, seek help. Don't wait until it is too late. Have your hearing tested and take whatever steps are necessary to ensure you can hear the world around you.

## HEARING SERVICES OFFERED:

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# Witham Health Services Shares the Importance of getting Good Sleep

**WITHAM** HEALTH SERVICES



What is sleep? Sleep is a physiologic state of physical and mental rest that is a basic drive like hunger or thirst. It is the one thing we all have in common, everyone sleeps! Sleep is an altered state of consciousness that is immediately reversible. Sleep is important because it enables the body to repair and tackle another day. Getting adequate rest may also help prevent excess weight gain, heart disease and help cleanse the brain. It is literally like rebooting your computer! Sleep is essential to every process in the body, affecting our physical and mental functioning the next day, our ability to fight disease and develop immunity, our metabolism and even chronic disease risk.

Sleep and mental health go hand-in-hand. Good sleep is essential for mental health. One night of sleep deprivation can dramatically affect our mood the next day. Chronic exposure to poor sleep quality is associated with depression, anxiety and many other mental health conditions.

Most adults require between seven and nine hours of sleep each night. Children and teenagers need substantially more sleep, so let those babies sleep!

## **Sleep Hygiene 101:**

Maintain a fixed sleep schedule on both weekdays and weekends as best you can. (Go to bed and wake up the same time each day)

Keep a stable routine to get ready for bed each night. (Wash your face, brush your teeth, take a bath, read a few pages of a book, dim the lights)

Limit or avoid caffeine and alcohol, especially in the afternoon and evening.

NO devices 30 minutes before bed, 2 hours is even better! (No computer, phone, tv, tablet)

Block out unwanted noise and light from your bedroom. (sleep mask, ear plugs, blackout curtains)

Keep your bedroom cool and choose a supportive mattress and bedding.

**EXERCISE.** Being physically active is good for your health and can even help you sleep better. Try to avoid working out too close to bedtime though! Allow at least 2 hours to cool down.

Eat dinner at least 2-3 hours before going to bed and limit the consumption of heavy/spicy foods in the evening.

*Trina Rose*  
Coordinator  
Witham Wellness Program  
Witham Health Services



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# Witham Health Services Shares the Importance of Training our Brain



We know we should get regular physical activity, but should we also focus on training our brain? You bet! Evidence indicates we can reduce our risk of cognitive decline by implementing key lifestyle habits. It's never too late or too early to incorporate brain healthy activities into your day.

**Break a sweat:** Regular cardiovascular activity that elevates your heart rate and increases your blood flow to the brain is so beneficial. Brisk walking, running, swimming, biking or lifting weights are a few of my favorites.

**Learn something new:** Take a class at a local college or online, learn a musical instrument, learn a foreign language, take art classes or try a new hobby.

**Eat brain foods:** a healthy diet that is high in vegetables, fruit, nuts and seeds. Fatty fish like salmon, eggs, avocados, blueberries and walnuts are known brain food.

**Get your sleep:** Aim for 7-9 hours of quality sleep. There is arguably nothing more important. Be intentional with your rest.

**Take care of your mental health:** Depression, anxiety and other mental health concerns are associated with an increased risk of cognitive

decline. Do your best to manage stress and do not overcommit yourself.

**Be social:** Staying socially engaged supports brain health in many ways. Volunteer at a local animal shelter, join a local choir, volunteer as a friendly visitor at your local senior center or help out at a local school.

**Challenge yourself:** Activate your mind by completing a jigsaw puzzle, crossword or play games that make you think such as chess or bridge.

**Know your numbers:** Cholesterol, blood pressure, blood sugar all have a major impact on our brain health. Be sure to schedule regular physical exams with your Primary Care Physician!

**Protect it:** Moderate to severe head injuries increase the risk of cognitive impairment. Wear a helmet when biking or playing contact sports, wear your seat belt and take steps to prevent falls. Tai Chi is a wonderful way to combat stress and improve balance.

*Trina Rose  
Coordinator  
Witham Wellness Program  
Witham Health Services*



# True or false: human papillomavirus (HPV)

Human papillomavirus (HPV) is a sexually transmitted infection. Some strains can cause genital warts or cancer. These four true or false statements can help you learn more about this disease.

## 1. HPV IS ONLY TRANSMITTED THROUGH PENETRATIVE SEX

False. HPV can be spread through skin-to-skin contact, such as intimate touching, oral sex or sharing sex toys with an infected partner.

## 2. TREATMENT CAN CURE HPV

False. There's no cure for HPV. However, doctors can often treat warts and precancerous lesions caused by the infection.

## 3. A PERSON CAN BE INFECTED WITH HPV WITHOUT KNOWING IT

True. HPV typically doesn't cause

symptoms, making it easy to transmit unknowingly. In most cases, the body's immune system will get rid of the infection naturally within two years.

## 4. A DIAGNOSIS CAN BE A SIGN OF INFIDELITY

False. Signs of infection, such as warts, can appear weeks, months or even years after someone has been infected with the virus. It's difficult to determine when or from whom the virus was transmitted, especially for people who've had multiple sexual partners.

Several vaccines can protect you against HPV. Talk to your health care provider about which ones are available to you.



# What you need to know about pneumococcal disease

Pneumococcal disease is a name for any infection caused by pneumococcus bacteria. These bacteria are found in the respiratory tract, including the throat and nose, and transmitted through direct contact with infected respiratory droplets.

It mainly affects children under the age of five, people over the age of 65 and individuals with certain diseases like diabetes and cirrhosis. Here's an overview of what you need to know.

## SYMPTOMS

The pneumococcus bacteria can cause illnesses such as otitis, sinusitis and bronchitis. Symptoms typically appear one to three days after a person is infected and can vary in severity depending on the area of the body affected. Here are a few examples.

- Confusion
- Convulsions
- Difficult or painful breathing
- Blue lips

- Severe neck stiffness
- Drowsiness

Although most infections can be treated with antibiotics, severe pneumococcal infections can lead to hospitalization and even be life-threatening.

## PREVENTION AND TREATMENT

The best way to prevent pneumococcal disease is to get vaccinated.

It's also recommended to quit smoking, avoid contact with infected people and wash your hands often.

Pneumococcal disease should be taken seriously to avoid possible complications, like pneumonia, meningitis and brain damage. Contact a health care professional if you have any questions.

# Call today for a **FREE Hearing Evaluation\***



**Crawfordsville**  
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\*Hearing evaluation is always free. Hearing test is an audiometric test to determine proper amplification needs only, not a medical exam.



### PROTECT YOUR EYES

The sun can damage your eyes, especially the retinas, and can increase your risk of conditions like cataracts. To prevent these unfortunate — and sometimes irreversible — consequences, wear sunglasses. Opt for wrap-around styles that shade the sides of your face. The darker the lenses, the better, as long as they don't impede your vision. Choose models with 60 to 90 percent UVA protection and 95 to 99 percent UVB protection.



### SEEK OUT SHADE

Avoid unnecessary sun exposure, especially between 11 a.m. and 3 p.m. when UV rays are strongest. Stay in the shade, whether under a tree, umbrella, beach tent, awning or gazebo. There are plenty of ways to hide from the sun.



### WEAR A HAT

A large-brimmed or legionnaire-style hat is a must to protect your face, ears and neck during outdoor activities.

Choose a hat made of breathable material to avoid overheating.



### KEEP HYDRATED

When the weather gets hot, humid and sunny, dehydration is a real risk and can lead to many illnesses. Whether working, playing sports or relaxing, drink lots of cool water before you start feeling thirsty.



### WEAR SUNSCREEN

Sunscreen is your number one ally outdoors, even if it's cloudy. Use a broad-spectrum sunscreen with a minimum SPF of 30 and carry it everywhere so you can reapply it every two hours and after swimming.

## Sun safety: take these essential precautions

Sun protection is imperative if you want to avoid sunburn and protect yourself against the harmful impacts of long-term UV exposure, like skin cancer. Here are some good practices to adopt.

Enjoy your  
summer!

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